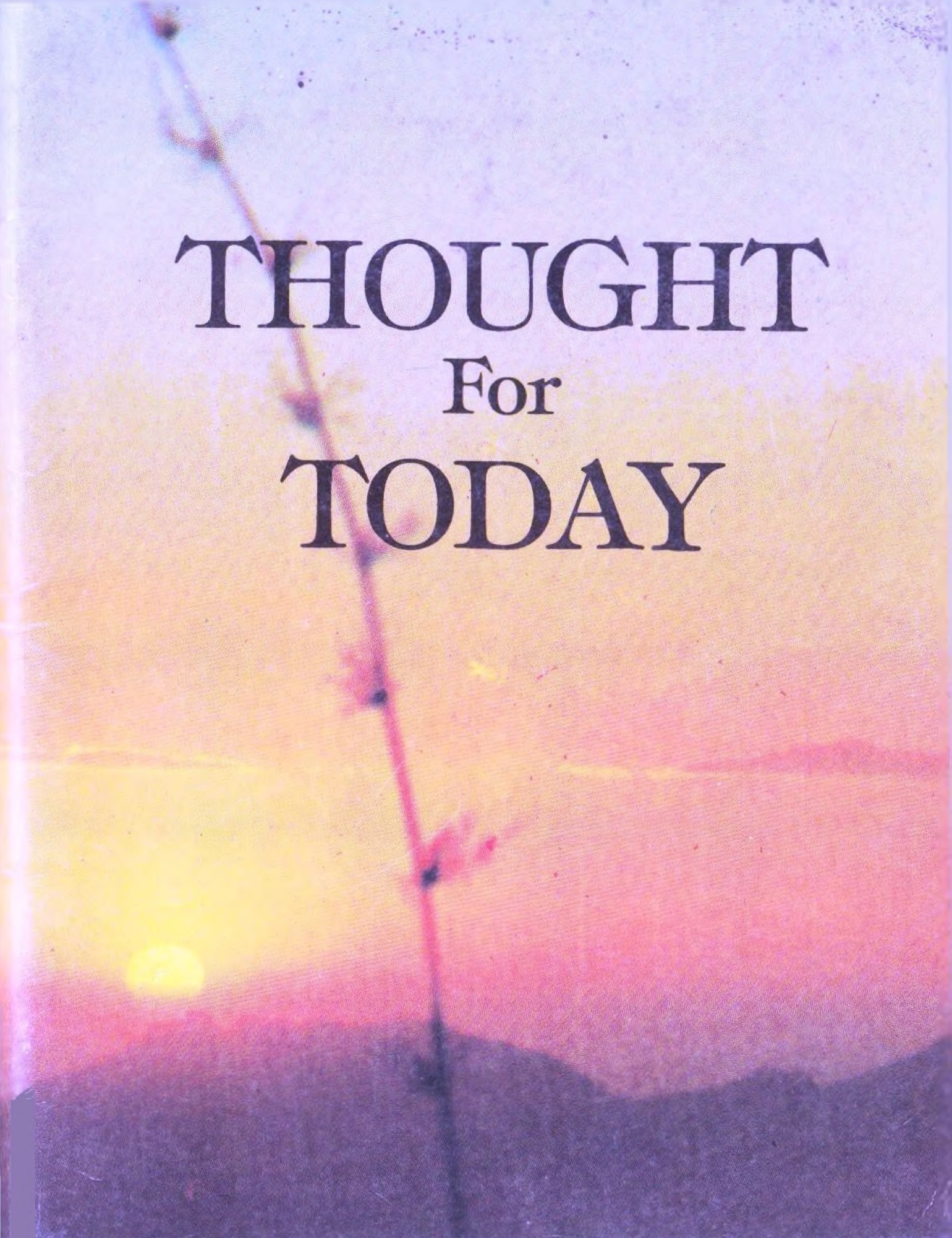
THOUGHT
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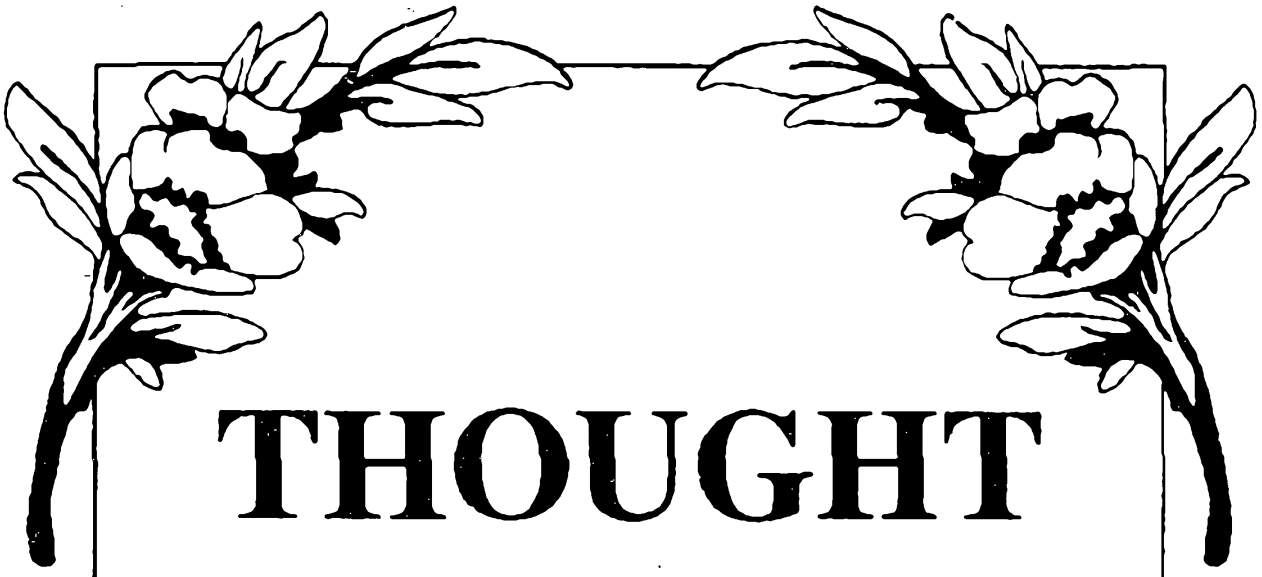

THOUGHT FOR TODAY

Prajapita Brahma Kumaris
Ishwariya Vishwa Vidyalaya
Mount Abu (India)

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FOREWORD

This publication of " Thought for Today " features " thoughts" originally published in the Barbados Advocate. The publication brings these inspiring words together in one book, affording the reader an opportunity to ponder on those which might be appropriate for a particular mood.

The Raj Yoga Centre is to be congratulated on its endeavour to provide the inspiration that comes from the few words that embody each thought. These are words that will not grow stale, nor will their truth be conditioned by time.

ROBERT BEST

MANAGING EDITOR

BARBADOS ADVOCATE

PREFACE

The Brahma Kumaris World Spiritual University (Raja Yoga Centre) is dedicated to the moral and spiritual upliftment of humanity. A non-profit organisation affiliated to the Department of Public Information of the United Nations, it is independent of traditional politics or religion. Established in India in 1937, today there are over 9000 centres worldwide. The University's primary aim has always been to impart a practical ethical education so that individuals may transform their own lives by tapping the full reservoir of their potential creative energies and channelling those energies in positive directions. Ultimately, this transformation on the individual level would lead to a beneficial change in society as a whole.

The University is not out to convert anyone, or to make anyone into a follower. It helps to create leaders, not followers. The classes are open to persons of all faiths,ages,races and backgrounds. The University is completely independent and charges nothing for its services.

INTRODUCTION

Thoughts are the food of the mind. A new thought every day will not only be fresh food but will provide the necessary nutrition and stimulant needed to keep the mind healthy and enthusiastic about life. In this day of disruption and chaos, this is important.

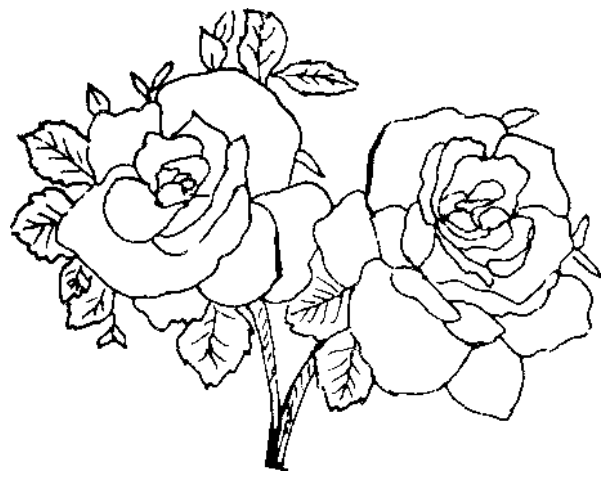
Each day has its own 'Special for the day' (Monday-Peaceful; Tuesday-Loveful; Wednesday-Powerful; Thursday-Knowledgeful; Friday-Pure; Saturday-Merciful; Sunday-Blissful) each offering a'full' selection from which to feast the mind.

It is recommended Grade 'A' diet.

BLISS

Bliss is the happiness beyond the senses. Beyond the laughter, the merriment. Away from the sways of the joys I've known. Not lost in the gentle pulls of the winds, nor using the eyes to see that which lightens and brightens, not using the ears to be hypnotized by the musicale manifique, and not using the mouth to taste the sweetness of the first fruit of the season.

Rather, sitting alone with myself; quietly... ...silently...thoughts turned within. Listening to the sound of silence. Then, thoughts turned beyond the physical, in tune with the spiritual - the peaceful, the pure. Few thoughts..... the union with my Father, the Blissful One; experiencing His peace-being peaceful; experiencing His love-being loveful; experiencing His bliss-being blissful.



THOUGHTS FOR A BLISSFUL DAY
SUNDAY

1. Even with a small bank account, the one who is contented finds himself with great wealth.
2. Freedom starts in the mind, not by cutting ropes.
3. To give happiness to others is a great act of charity.
4. Cheerfulness keeps up the spirit of the one who possesses it and brings a smile to the lips of others.
5. A smile can make short work of any difficulty.
6. Give a lot of time to the improvement of yourself, then there is not time to criticise others.
7. To taste the sweetness of life, you must have the power to forget the past.
8. Waste work will make you heavy and tired and positive work makes you happy, light and refreshed.
9. Those who remain very happy will never have internal laziness. Laziness is a great vice.
10. Balance is the real foundation of a blissful life. Keep this always in mind and your present and future will always remain bright.
11. Contentment and bliss go hand in hand. These

qualities create great fascination for you among others.

12. If every step is taken in the remembrance of God, just imagine how much fortune there is in every moment.
13. If through some error yesterday was lost in grief, don't lose today by keeping it in your memory.
14. Cheerfulness is the beauty of the face. He who is sullen is really ugly.
15. Life is like a drama. If I understand the plot, there is great happiness.
16. The more you enjoy putting in good efforts, the greater will be your happiness on receiving the fruits of those efforts.
17. When you smile, not only do you feel happy but you bring a ray of light into the lives of others.
18. To have balance in all situations is the key to happiness.
19. Many people will want to quarrel and fight with you; realise that the only weapons you need are a smile and a loveful attitude.
20. Sometimes a smile can be like a drop of water in a desert.
21. You must enjoy yourself and have recreation, but check whether it enriches your life internally.

22. If I make THIS MOMENT happy, it will increase my chances of having the next moment happy also.

23. The wealth of a rich man can be stolen or burnt, but the happiness and wisdom of the wise remain.

24. In the world of constant sorrow, what brings greater wealth-- money or happiness?

25. A person is pronounced great when he can face a difficult situation with happiness and laughter.

26. Physical beauty can be lost with marks of age or through accident. Spiritual beauty cannot be destroyed.

27. The fool wants others to see him; the wise man smiles in the audience.

28. The one who is honest and has a true heart will always feel light and tension-free.

29. True victory means complete control over the sense-organs.

30. If your mind is caught in bondages and problems of the past, you will not experience the joys of the present.

31. If you want to advance in life, make sure that your WANTS don't advance.

32. To forget your troubles remember God.

33. If you wanted and didn't get, may be you don't need.

34. Condition your mind and remain cool under all conditions.

35. In the long run the most difficult thing is to search for an easy way out.

36. Nothing is just coincidence, every tree in life's garden bears significance.

37. The one who knows how to adjust is the one who knows how to survive.

38. If others are against you, don't put your back against the wall, see what you can gain from the company of God.

39. If you give your heart to someone they might break it; give your heart to God and have it strengthened.

40. If you beat your head against the wall when problems come, your brain will get messed up.

41. When the world becomes like a wild storm-- the most beautiful shelter is God.

42. If you do everything with the feeling of happiness, there will be no task too difficult to perform.

43. When you try your best and your best is not good enough, leave it in the hands of God.

44. Remember that you are very special. NO ONE can play your role better than you.

45. Loneliness comes when I forget that God is my

Supreme companion.

46. Pin all your hopes in God, then you will not be pinned down by man.

47. To age does not matter, but by taking on matters you will age.

48. If there is no filament in a bulb, there is no light; if God is not in your life there is no life.

49. The more you understand yourself, the easier it is to remain happy and peaceful.

50. When all your attachments are with the One God, then your achievements are many.

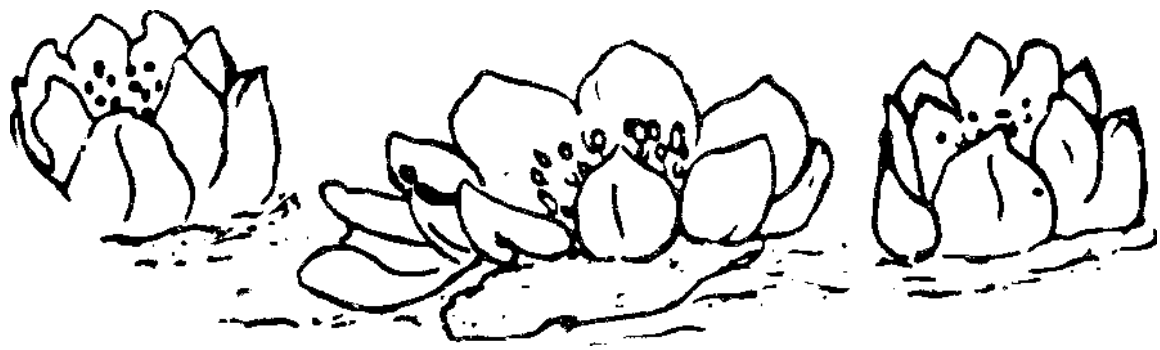
PEACE

It may seem almost useless to talk about peace when all around us we see a continued state of 'peacelessness'. It is this state that forces on us the necessity of finding our own source of peace to draw upon and live from.

Consider the flowers. They too live in this peaceless environment. They too have to endure the pollution and decay of the world of nature. Yet, wherever they are found-- by the congested roadside, near the swamps, in the desert, amid the thorns and sometimes even on the dung hill -- they are eternally beautiful, gay and fragrant. It is not by chance that flowers are given for every occasion, even the most sorrowful. Flowers call forth images of peace and tranquillity. It is their nature.

We are also like flowers. We are the flowers of the garden of God. In this worldwide garden of every-day hustle and bustle, we too are threatened with pollution and degraded circumstances. Being flowers, we are expected to live in our natural state of peace and spread our fragrance all around us.

When we realise that the original nature of our soul is that of peace, we can combine with God who is the Ocean of Peace and so become the embodiment of peace. ..a living, thinking flower.



THOUGHTS FOR A PEACEFUL DAY
MONDAY

1. What was the future happens now, what happens now becomes the past-- so why worry.
2. Every day has hidden secret; you have seen it many times.
3. If I am impatient to experience the results of my efforts, it is like trying to eat unripe fruit.
4. If you miss an opportunity, do not cloud your eyes with tears; keep your vision clear so that you will not miss the next one.
5. The one who can adjust with humility possesses much greatness.
6. A person who is crooked can never enjoy real peace of mind. His tricks tie him into knots.
7. An honest individual is satisfied with himself as much as others are satisfied with him.
8. The only solution to the most difficult problems in society, the country and world today is character. If character is lost, no prestige remains.
9. Your thoughts, speech and actions will bear a seal of full confidence if you are sincere in all your

tasks.

10. The two greatest healers are God and Time.
11. If I make others believe I am something that I am not, who is being fooled?
12. Without the establishment of human values, moral and spiritual values, there can never be true freedom.
13. When you are angry, a great deal of energy is used up and wasted. Use energy wisely.
14. Silence gives rest to the mind and this means giving rest to the body. Sometimes rest is the only medicine needed.
15. Calmness and tolerance act like air-conditioning in a room;they increase man's efficiency.
16. The worried convict dies many times before he reaches the gallows.
17. If a man is unable to wipe out his own tendency to anger, how can he criticize anyone for the lack of ability in controlling themselves?
18. Success springs from calmness of the mind.It is a cold iron which cuts and bends hot iron.
19. A simple way to remove fear is to seek knowledge and understanding.
20. Be the magnet of peace so that you can attract

peaceless souls.

21. If wealth is lost, nothing is lost; if health is lost, something is lost; if character is lost, all is lost.
22. Once you experience God, there is no need to look for anyone better.
23. The end of birth is death. The end of death is birth.
24. If man cannot find peace within himself, can there be peace in this world?
25. The unbelieving man can have no peace, and how can there be happiness for one who lacks peace of mind?
26. God has a broad back; if you have burden let Him take it from you.
27. Silence is not only the absence of sound but also stillness of the mind.
28. If I enjoy praise, it means I can be easily hurt by defamation.
29. Only when you accept the rules of freedom can you call yourself free.
30. If every morning you can spend a few moments to sort out your thoughts and remember God, your day will be filled with magic.
31. When you burn with the fire of anger, smoke gets in your eyes.

32. The more you try to guess, the less you are at rest.

33. Where wisdom is called for, force is of little use.

34. Peace is so hard to find because it is under your nose.

35. The fool is never satisfied while the wise man finds wealth in contentment.

36. When you get angry, you lose more than your temper.

37. You cannot make a fool of the one who keeps cool.

38. The harmony that exists within the minds of individuals will be reflected in harmonious society.

39. If you allow things to surprise you, you will get easily confused.

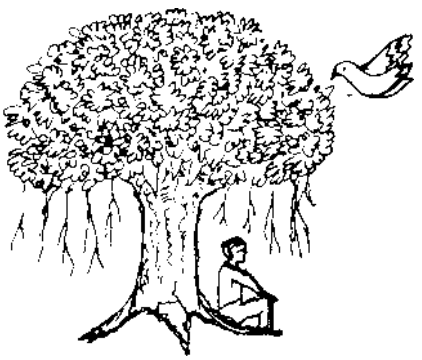
40. Real temperature control is to extinguish the heat of anger.

41. Weapons by themselves are not dangerous, it is the anger within man that is harmful.

42. If we realise that wars are born in the minds of men, we would make greater efforts for peace of mind.

43. If I wish to advocate peace, do I have to shout and scream?

44. Imagination is like a ferocious lion, do not allow it to run wild.
45. When you are looking for answers, always be ready for surprises.
46. A rose can live amongst the thorns and yet never be injured by them; how about you?
47. Anger makes you mad, why not be sensible?
48. A man with a bad temper is really angry with himself.
49. The less you speak, the more you are listened to.
50. If you ALWAYS do your best, you will be free from regrets.



LOVE

Love is indeed a most powerful force. It can take us to great heights and leave us light and airy. Yet, it has been the most abused and misused force. Many degraded things pass for love.

There is popular song which states that "What the world needs now is love — sweet love". What the world actually needs is an accurate and a correct understanding of love. True love is based on understanding, mutual trust and respect, not simply on emotions.

Love is being in balance, that is, in harmony with the self, God and our fellow men. Love is selflessness. Love is not an emotional state confined to whims and fancies, but a transcendent state of consciousness which goes beyond the bodily forms. Love has nothing to do with bodies; love dwells in the soul. We must allow our love to flow out and around us. By allowing our love to flow, we become moistened and remain forever fresh, attractive and healthy. Without love, all of life's treasures are locked away from our vision and experiences, for indeed " Love is the Key".

THOUGHTS FOR A LOVING DAY
TUESDAY

1. If someone speaks to you with anger, pour the soothing waters of love on the fire.
2. Every situation in life must be faced, and so why not face it with love?
3. Always wear the costume of humility and you will receive the love and co-operation of others.
4. If I cannot remain loveful as well as lawful, it is certain that I lack some power. Check yourself and fill it.
5. Happiness is lost when any thought of envy or hatred creeps in. Thoughts of love and good wishes cure sorrow.
6. The only way to gain respect is firstly to give it.
7. No one tortures you except your own nature. Make your nature sweet and loveable; then win the love of all.
8. Be just as enthusiastic about the success of others as you are about your own success.
9. It does not cost a penny; so speak loveful, true, sweet words.

10. If you are alone, you have no value. But if you are loving, sweet and co-operative in company, then you are valuable.
11. One word spoken with love can soothe the sorrowful hearts of many.
12. There should be a positive record of giving regard to all.
13. Jealousy cannot exist if I know that my real quality is to Love.
14. God makes us fragrant flowers. Am I spreading sweetness to all?
15. Without simplicity, one cannot gain the TRUE affection of others.
16. This is a mad world, but it is good sense to be madly in love with God.
17. The giving of love and mercy to others is also a form of charity.
18. To have respect for the self and love for God makes it easy to appreciate other human beings.
19. We all consider ourselves to be part of MANKIND...Yes, we ARE part of MAN, but how KIND are we?
20. No matter how bad a person may be, he must possess at least one virtue. Be like the humming bird and pick the sweetness of virtues.

21. Is it possible to have unity in a nation when each one feels that he is better than his neighbour?

22. God has love even for sinners. All are children of God and so what right do I have to hate a child of God?

23. If a task is performed with the feeling of love, then there is instant success.

24. The more love you give, the more you receive; the more you have, the easier it becomes to give.

25. The beauty of all things lies in your ability to appreciate them.

26. If I avoid someone because of his skin-colour, it is the same as hating a man because of the clothes he wears.

27. Everyone needs company. Do I have enough love to share my company with someone?

28. If you love someone, you try to be like that person is. If we love God, should we not attempt to be Godly?

29. Love is Universal. It has no limits.

30. Love of God makes you love all mankind and hate none. Love of one individual makes you love only one and hate many.

31. If you follow the eternal law, you can understand how to love.

32. Love that hurts is not love at all.
33. When promises are not kept, close friends are lost.
34. Have equal love for all and experience a life of equanimity.
35. When one will not, two cannot quarrel.
36. We are shaped and fashioned by what we love: see what happens when you love God.
37. The more you give benefit to others, the more you do good to yourself. Be good to yourself daily.
38. To have love for God is to love humanity.
39. Sometimes you put out a helping hand to people and they spit on it, nonetheless, through your thoughts give love and mercy.
40. A generous heart will quickly become a precious heart.
41. The best way to get rid of enemies is to make them your friends.
42. Learning to love yourself frees you from hatred of others.
43. You are you, therefore enjoy being your real self.
44. If you see everyone as your brother, it becomes easy to remain loveful.
45. Do not expect love and attention. GIVE IT instead.
46. Tears of love do not cause sorrow, they become

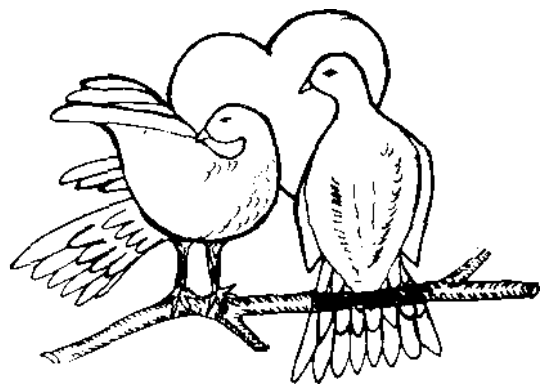
pearls.

47. Did you know that love has nothing to do with bodies?

48. In a bitter world, one drop of true love is an ocean in the desert.

49. Love is a great power, but it takes power to have pure love.

50. When jealousy raises its ugly head even the ones we love become our enemies.



POWER

Gaze at the waves, with caps of white,
standing tall like snow- capped mountains.
They rise up and move forward, with crowns.
Crowns of Purity and Power, Majestic Masters.

See their motions: relentless, unaffected by objects in their path-- whether full or glittering, large or small. Tirless, they know not the word 'obstacles'.

Power, being confident that though a few battles may be lost, the great war will be won-- Conquerors. Determined that though sometimes the goal seems far away and oh so high, determined to reach the goal. Nothing attracts or distracts-- Strong-willed. Being fearless; no weak thoughts of doubt.Having strength and using it to face, without wincing the impurities within and without; strength to destroy them-- Brave Warriors. Being stable in the awarness that I am a child of God, the Almighty Authority, and being an obedient child, having the right to claim that authority.

THOUGHTS FOR A POWERFUL DAY
WEDNESDAY

1. Many people use anger as a weapon. Keep humility as your armour and experience protection.
2. If you realise that everyone is an individual with his own unique part to play, then the power of tolerance is easy to develop.
3. When there is the feeling that you have to tolerate a great deal, it means that you are still trying to tolerate.
4. If I allow myself to be puffed up by praise and fame, then insult and defamation will destroy me.
5. There are two things– action and the impact behind the action. Even if the action is ordinary, the impact must be positive, productive and creative.
6. When there is faith and victory in the mind, success can be gained. If the thoughts are weak, there is defeat.
7. Do not allow anything to be an obstacle. See everything as a stepping stone to victory.
8. Your controlling power should be such that you

should have only such thoughts at a particular time as you desire to have. No more, no less.

9. Apply a full-stop to unproductive thoughts, feelings and actions of yesterday, so that not a trace of them remains.
10. Man knows the comma and full-stop of language. He knows not the full-stop of negative thoughts.
11. A loveful command does not arouse hostility. It makes the person great.
12. Now is the time to act and solve all problems and not to succumb to lame excuses.
13. If you have to use a stern eye then okay; but never use your hands to create violence. It shows your weakness.
14. To have fear means that I am danger to myself as well as to others.
15. If God is my Father, Teacher, Guide, etc. how can I have fear of ANYTHING in this physical world?
16. We all must face problems, but it is how you face them that counts.
17. Problems in the world will increase ; therefore, I should increase my capacity for dealing with problems.
18. When people cannot stand you because they do

not understand you, God will stand by you.

19. What I experience now is a result of the past; what I experience in the future depends on what I do NOW.
20. If I rely on too many people, I increase my chances of being disappointed.
21. When there is growth, changes are automatic. If I fear change, how can there be growth?
22. Unless I develop self-respect, I will remain under someone else's foot.
23. If I consider all my actions are for God, then every task becomes a pleasure to perform.
24. If I have an intense fear of darkness, it doesn't make sense in closing my eyes.
25. If a task is performed in the consciousness that God is my companion then the impossible is possible.
26. It is the hour of trial that makes men great, not the hour of triumph.
27. If you give your heart to God, you will not get heart attacks.
28. Even though you cannot change time, realise it is time to change.
29. If you have the habit of minding other people's

business, your own business will become bankrupt.

30. Some people never mature because of a fear of aging, and some because they refuse to accept responsibility.
31. An honest man never fears the eyes of strangers.
32. It only takes on ounce of courage to remove a ton of distress.
33. The one who truly understands himself is able to stand by himself.
34. The lazy man is always occupied with his laziness.
35. When your associates change their minds, make sure you don't change your mood.
36. The best way to behave when crisis strikes is to be brave.
37. The big question in life is death-- the answer to death is life.
38. Faith in God means no fear.
39. Anyone can learn to be a good speaker, but how many live in a manner that others can learn from.
40. The weak and idle mind cannot create powerful thoughts.
41. To be really independent means not even to lean on excuses.

42. Self-control will give you unlimited control.
43. There is always a chance to change, but do you make the time to change.
44. When an obstacle comes in your way, stop crying and start trying.
45. To smile in the face of disaster is the result of a stable mind.
46. If people make a fool of you, remember that there is great wisdom in humility and silence.
47. If you give your rubbish to God, no one will throw his rubbish on you.
48. Never lose hope. Hope is a rope that swings you through life.
49. Some people think a lot and speak a lot but back down at the time of doing.
50. To use punctuation marks on paper is easy but can you put a full stop to waste thoughts?

KNOWLEDGE

Education is essential in order to make a living in this physical world, but in order to make living a success, in order to experience every moment of life as new, every day as a day of upliftment and blessing, and to have lasting peace, firstly, knowledge of self is of utmost importance.

"Know thyself" we are told; and to this end many an orphan has made his long and arduous search to find or even to come across just the slightest trace of his physical parents. Futhermore, men have travelled far and wide amidst strange faces and in far distant places in an extremely costly search for their roots.

Today, however, the children of the world have become orphans. They have forgotten their Father and have forgotten themselves. Knowledge of the self as an immortal, spiritual being, is Truth. To delve into spiritual matters and experience the self and the Spiritual Father, God, the Highest on High, is indeed the highest education. God is the Ocean of Knowledge and knowing God, you can come to know everything.

THOUGHTS FOR A KNOWLEDGEFUL DAY
THURSDAY

1. If you have the habit of waiting for others, you will get left behind.
2. If you spend an hour in worthwhile actions there is 1,000 fold gain. If you waste an hour in useless actions there is 1,000 fold loss.
3. Mistakes are caused by lack of attention, then there is tension.
4. Real power and authority is not power and authority over others, but over the self.
5. A mouse found one single grain of salt and felt himself to be a grocer.
6. Before performing any task, stop for a moment, think of the effect it will have and then begin.
7. It is good for a person to earn money for his needs. It is the hunger for wealth that is bad.
8. It requires great power to make the best use of time that is in your hands. Therefore, be imaginative and resourceful.
9. If I am always comparing myself with other human beings, I will either suffer from ego or jealousy.

10. Good books are like good company. Obscene literature pollutes our minds and leads us to wrong paths.
11. Don't be puzzled by problems, whatever they may be. Always face them as if they are examinations you have to pass.
12. The four things that have spoiled your life are: "I" and "Mine","You" and "Yours". Forget them.
13. If knowledge is wealth, ask yourself ; "How wealthy am I?"
14. If there are foul words in your mouth, what must your mind be like?
15. No matter how great your words may be, you will be judged by your actions.
16. To fear death means that you do not understand the importance of life.
17. Do not just be concerned about your rights, but consider whether or not you are right.
18. By acquiring much worldly knowledge you could develop arrogance; with spiritual study there is greater and greater humility.
19. No matter how hard I worry about a problem, will my worried mind reach a solution?
20. Time is life. Wasting time is wasting one's life.

21. Before you point your finger of criticism at anyone else, see how much dirt you have under your finger-nail.
22. Try to conquer greed NOW because "While man becomes old, his greed becomes youthful".
23. When a person surrenders to God, he switches his mind to Him, listens to His advice and acts according to it.
24. We explore the stars and the depths of the sea, but how much do we know about ourselves and the reason for being here?
25. Sometimes we force others to change because we want them to be how we want them to be.
26. To UNDERSTAND something you need knowledge, but to FEEL it you need experience.
27. Once you get used to doing nothing, you find that there is no time left to become busy.
28. What separates a highly developed man from an animal? His thoughts.
29. The quality of our thoughts determines our own personal degree of happiness.
30. If I cling to the past, the present becomes difficult and the future seems impossible.
31. Violence in the home can lead to blood in the

streets.

32. If there is turmoil internally then everything outside seems confused.
33. Of all the words that you speak, how many are towards God?
34. If you cannot appreciate what you have at the moment, how can you value what the future has in store.
35. What is more important, your standard of living or living a life with correct standards?
36. To be blind does not mean to be in darkness.
37. One's character is not visible in a mirror.
38. Be careful ! Your each expression will leave an impression.
39. Remembrances are often life's lessons that were forgotten.
40. There cannot be final result until you finish the effort.
41. Do you UNDERSTAND the Tree of Life or do you simply STAND UNDER its branches?
42. We used to say, " As innocent as a child ". These days what we can say?
43. If you have too much time on your hands then everything becomes heavy to handle.

44. Only after you awake do you realise you were sleeping.

45. Sticks and stones break bones-- words often break relationship.

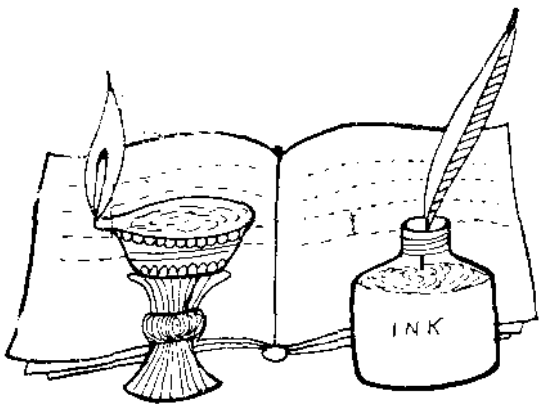
46. Even the most simple task is difficult for the lazy man.

47. At present how can you see the future if you live in the past?

48. Remember ! The conduct of the parents is an education to the children.

49. If you miss an opportunity, do not cloud your eyes with tears. Keep your vision clear so that you will not miss the next one.

50. The price of freedom is always responsibility.



PURITY

We were once all peaceful and pure, but what does being pure mean, and how did we act? Impurities are chains that bind, devils that make us vicious, and snakes that make us so senseless, it is as if we are asleep, ignorant, unconscious. Purity sets us free. It gives us the keys to knowledge, peace, happiness, power and God.

Purity is so precious, so rare, so powerful, we have to die for it. We have to destroy the old self,the old vices that are so much a part of us. Lust, anger,greed,attachment and ego-- to name five.

Purity's light is such that we are not confined by boundaries of colour,sex,race, religious beliefs,etc but we can see far beyond and experience each and every human being as our brother. Its might is such that fires of passion,anger and vices are extinguished and in its place pure cool love glows. It is right that we can come really close to God.

THOUGHTS FOR A PURE DAY
FRIDAY

1. As thoughts are the seeds of all actions, let me plant only good,pure seeds so that the fruit will be the best.
2. Relationships based on falsehood are like houses built with their foundations in mud.
3. If I always hide from the truth, I must be enjoying the company of falsehood.
4. If you have to see, then see the specialities of each other. If you have to leave something, leave weaknesses.
5. If eyes are windows to the soul, do you keep your eyes clean? Dirty windows mean you have something to hide.
6. If I am honest in all my dealings, I can never experience fear.
7. Thinking of evil or being afraid of evil brings evil on one's head.
8. Where there is no love, there cannot be peace. Where there is no purity, there cannot be love.
9. Morality and virtue are more precious than

gems;they give satisfaction to man, endear him to his Creator and to the public.

10. Very fortunate is the one who has learned to admire, but not to envy.
11. Just as pride is born of egoism, so is delusion the result of attachment.
12. Divine virtues bring man nearer to God, just as vices turn man away from God.
13. Nearness to God is sustained by the twin virtues of gentleness and humility.
14. Ego provides the soul with all the ingredients of unpopularity.
15. To use foul language means that I am not intelligent enough to find other words.
16. To experience ALL relationships with God means that I have gone beyond all desires.
17. If truth and honesty come easy to me, then love from God also comes easily.
18. If a society loses its moral values, it loses everything.
19. Good,clean competition is healthy but jealousy is a fatal illness.
20. God is the Ocean of Virtues. If you are burning with any vice, take a dip in that Ocean.

21. It is greater to give a handful of rice with love and honesty than to give a thousand dollars with the desire for name and fame.

22. When there is the descent of man, what can be called decent?

23. If you put a hood over eyes, you will not see anything. The worst hood is falsehood.

24. Do my thoughts qualify me to claim the title "Child of God"?

25. If someone has a special talent and they use it for evil, it will change into a handicap.

26. A good, clean minded person sees the good points of others. A dirty minded person is always looking for dirt.

27. If a person hides his feelings, is it because there is something wrong with his feelings?

28. The more you look for defects in others, the more you will become affected. Weaknesses are contagious.

29. We may forget our own virtues but God never forgets.

30. Why try to prove yourself? Let others learn sense through your innocence.

31. Sometimes in life we wear so many masks that it becomes difficult to see your true self.

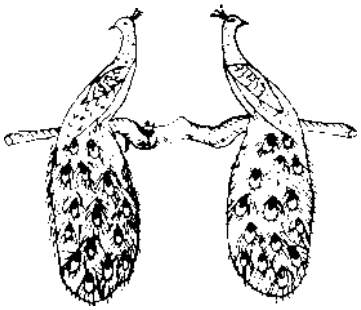
32. The lie you tell today will force you to lie again tomorrow.
33. If your talents and virtues are misused, the one who stands to lose is you.
34. The TRUTH is that TRUTH IS.
35. You may say you KNOW, but by your actions it is KNOWN.
36. Pure love is the basis of eternal relationships.
37. Pure manners are filled with grace, impure manners are disgraceful.
38. Become righteous and you are free from wrongs.
39. The search of SELF requires truth to the self.
40. One should be simple, but not stupid.
41. Your conscience is a good friend, listen to it more often.
42. To fulfil God's desires is to fulfil your own.
43. To be a child of God means to display His qualities.
44. If you do wrong and try to prove you are right, TIME will smile at your foolishness.
45. If I do not clear up doubts in my mind, it is like allowing a cancer to grow.
46. Some people's advice will only add vice to your life.

47. Be yourself, be natural. It is far easier than pretending to be someone else.

48. If your thoughts are pure, it becomes easy to say what you think and do what you say.

49. If you keep your vision elevated, your chin will automatically keep up.

50. There is great beauty in simplicity. That which is simple is close to Truth.



MERCY

To the world, the murderer condemned to die has no mercy. To the murderer, the world has no mercy; and so the long, strong chain of man's inhumanity to man continues. It is the story of man judging his fellow-man and extracting what he thinks is the price to be paid for an action...non-action. There is always a price to pay.

Now-a-days, it is felt that to show mercy is a sign of weakness in character. Not True. Rather it is a sign of great strength, vision and wisdom. To be merciful is to show an accurate understanding of the situations in life which go way beyond the facts and evidences as they are presented visibly.

To be merciful indicates an elevated consciousness,so high, that in spite of the disparities and bad actions, we can have the strength to say "I understand and I forgive"

THOUGHTS FOR A MERCIFUL DAY
SATURDAY

1. If someone defames you or insults you, shower him with flowers, smiles and good wishes.
2. If someone is annoyed with you and he is saying bad things, if at that moment you question why he is saying such things, it is like pouring oil on a fire.
3. If I keep the weaknesses of others in my mind, they soon become a part of me.
4. When the mind is tired, every single action requires great effort.
5. If your face is full of worry, you will cause others to worry. Is this a good thing?
6. When others make mistakes, do not keep counting these mistakes. Allow them to count on you for co-operation to erase that weakness.
7. Misunderstanding can be erased by loveful, pure thoughts, and giving understanding at the appropriate time.
8. A slip of the foot we may recover, but a slip of the tongue leaves a deep imprint.

9. Everybody is attracted by beauty and quality.It is a rare quality to help the ugly and unqualified.

10. It is more dangerous to weep inside your mind than to weep in the open. The open tears can be easily wiped away,but secret tears create scars.

11. In the world, many people remain starving hungry because of the greed of others. If we knew how to share then the problem would be solved.

12. To have the use of the eyes is a very special gift. Why not give love, peace and happiness to others through your eyes?

13. Try never to feel that you are competing against anyone; it is better to have the feeling that you are helping all.

14. Why not be instrumental in solving the problems of others instead of being a problem yourself?

15. It is better to make use of a chance to change rather than try to change your chances.

16. If clouds remain in the mind, water will fall from the eyes.

17. What causes the most pain-- the mistake or the criticism for the mistake?

18. Even if you are sick and become a patient, you must never lose patience.

19. If we get involved in fears about the future, we

shall miss the chances that the present offers us.

20. The princes among us are those who forget themselves and serve mankind.
21. Loneliness is often the result of one's lack of ability to communicate.
22. We are limited in the amount of help we can give to others. It is far better to help a soul come closer to God-- than all help received.
23. To laugh at someone else's misfortune is to display your own ignorance.
24. Sometimes due to jealousy we try to degrade others, in so doing we degrade ourselves.
25. If you are very proud of yourself, very quickly you will reach the stage in which you despise others.
26. If you care only for yourself, others will begin to care less for you.
27. The only definite thing about human beings is that they change.
28. The greatest service is to share with others the joys of living.
29. To tolerate someone else's mistake is one thing. To forgive them is even greater.
30. When one observes the beauty that is within God, it becomes so easy to appreciate the beauty within Creation.

31. The account of peace and happiness is credited when God is remembered, but debited when He is forgotten.
32. Being co-operative does not mean becoming a slave.
33. Do not lose hope in the hopeless.
34. Be firm when authority is required, but gentle and sweet when administering authority.
35. In all respects keep giving respect.
36. One way to guard against the feelings of hate is to give regard.
37. Sometimes the greatest contribution you can make is to give regard.
38. If someone keeps laughing at you, don't fret. At least you are giving happiness.
39. When you agree with people who gossip, you will be the next one they slander.
40. To remain cheerful, congratulate the self and congratulate others on their speciality.
41. Never blame others to protect yourself, for TIME has a way of revealing TRUTH.
42. Your speciality influences others, so use it the best way you can.
43. There is nothing more nourishing than happiness.

44. To give happiness to others is a great act of charity.

45. If I allow my mind to carry burdens, I will experience heaviness and become tired easily.

46. Can someone, who causes pain to others, experience real joy?

47. The moment I insult my fellow-man, that is the moment I lose the respect of others.

48. Make effort to uplift yourself; do not degrade yourself, for one's own self is one's friend, and one's own self is one's enemy.

49. To give money in charity is good, but to be pure, charitable soul is far greater.